



# November

# 2023

# EMPATHY

**When a friend feels sad or blue,  
I listen and say, "I'm here for you."  
I walk in their shoes, their burdens I share,  
Supporting them with love and care.  
When someone feels down, I lend an ear,  
Understanding their struggles, wiping away their tears.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			I put myself in someone else's shoes to better understand their feelings.	I will help and offer assistance to those who are struggling.	I know words can hurt, and I choose to use mine to uplift others.	I will offer a listening ear to those who are upset.
5	6	7	8	9	10	11
I am a good team player.	I will use my voice to stand up for what's right	I understand that everyone has bad days and I will offer support during those times.	I will put aside my own biases and truly trying to understand others.	I choose to be a positive influence by spreading kindness.	I understand that everyone has their own uniqueness.	I am a good friend who listens and supports others.
12	13	14	15	16	17	18
I celebrate the successes of others.	I think before I speak and consider how my words might affect others.	I treat others the way I want to be treated, with respect and empathy.	I stand up against bullying.	I matter.	I use my words and actions to uplift and encourage others.	I listen without interrupting.
19	20	21	22	23	24	25
I practice forgiveness.	I look for ways to help those in need.	I choose to see the good in others and focus on their strengths.	I am mindful of my body language.	It's OK to make mistakes.	I should be aware of and respectful of personal boundaries.	Find solutions that benefit everyone involved.
26	27	28	29	30		
I embrace diversity.	I use positive language and avoid gossip or spreading rumors.	I apologize when I make a mistake and try to make things right.	I offer help and support to those who are going through a tough time.	I am patient with others.		

Empathy is the ability to understand and share the feelings of others. It's like being able to put yourself in someone else's shoes and imagine what they are going through. Empathy is important because it helps us to be kind and compassionate towards others. By being empathetic, we can show others that we care about their feelings and experiences. We can listen to them and support them when they need it. When we are empathetic, we can make a difference in someone else's life and make the world a better place.